

# Indiana Nutrition Newsletter

## Keeping Schools 'IN' the Know

Issue 2013-3

Summer 2013

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If you know of a nutrition-related or Food Service success story, please click [here](#).

### Second Annual Kids' State Dinner Features Recipe Creations from America's Junior Chefs



President Barack Obama greets guests at the Kids' State Dinner in the East Room of the White House, July 9, 2013. (Official White House Photo by Pete Souza)

On July 9, 2013, First Lady Michelle Obama hosted the second annual Kids' State Dinner at the White House. The State Dinner was held to recognize the 54 winners of the Healthy Lunchtime Challenge – a nationwide recipe contest to promote healthy lunches as part of the First Lady's *Let's Move* initiative. For a second year, the recipe challenge invited a parent or guardian to work with their child to create a lunchtime recipe that is healthy, affordable, and follows the nutritional guidelines of MyPlate. The 54 winners were chosen from more than 1,300 entries. One winning recipe was selected from each U.S. state, three territories, and the District of Columbia. The winning recipes have been compiled into a cookbook. To learn more about the Kids' State Dinner and to download the 2013 cookbook, go to <http://www.letsmove.gov/kids-state-dinner>.

Lydia Finkbeiner represented Indiana with her winning recipe for *Sneaky Chili Surprise*. Miss Finkbeiner is from Carmel Indiana, and she is 9 years old. Congratulations Lydia!

### Sneaky Chili Surprise by Lydia Finkbeiner

Makes 10 to 12 servings

#### Ingredients

4 carrots, diced  
1 sweet potato, peeled and diced  
1 tablespoon olive oil or vegetable oil  
1/2 large onion, cut into small dice  
1 medium red bell pepper, seeded and diced  
2 cloves garlic, minced  
1/2 tablespoon chili powder  
1/2 tablespoon ground cumin  
1 teaspoon ground chipotle pepper  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
2 (15-ounce) cans tomato purée  
2 (15-ounce) cans petite diced tomatoes  
2 (15-ounce) cans black beans, drained and rinsed  
2 (15-ounce) cans cannellini or other white beans, drained and rinsed

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#### Directions - Sneaky Chili Surprise

1. Bring a medium pot of water to a boil. Add half the carrots and potato and boil until soft, about 10 minutes. Mash the carrots and potato by hand or purée them in a blender.
2. In a large stockpot, over moderate heat, warm the olive or vegetable oil. Add the onion, bell pepper, garlic, and the remaining carrots and sweet potato and sauté until soft, about 5 minutes. Add the chili powder, cumin, chipotle pepper, salt, and pepper and cook for 3 minutes. Add the tomato purée and tomatoes, as well as the sweet potato and carrot purée and stir well to combine. Add the black and cannellini beans and simmer, stirring occasionally, for 30 minutes.

181 calories; 8g protein; 32 carbohydrates; 2.5g fat (.25 saturated fat); 863 mg sodium

In addition to Lydia Finkbeiner's recipe for Sneaky Chili Surprise being selected and printed in *The 2013 Healthy Lunchtime Challenge Cookbook*, a quote from Lydia is included with her recipe. To read about Miss Finkbeiner's inspiration for creating her winning recipe, download the cookbook by clicking [here](#).

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### **This Year's School Health Conference Theme: *Healthier Schools: Investing in Indiana's Future***



Glenda Ritz, Superintendent of Public Instruction, welcomes attendees to the conference.

Hosted by Covering Kids & Families of Indiana and Indiana Action for Healthy Kids, the Indiana School Health Network's Annual Conference was held on June 10 and 11, 2013, at the Indianapolis Marriott North.

Glenda Ritz, Superintendent of Public Instruction, graciously accepted an invitation to welcome attendees to the conference. Ritz talked about the theme she has chosen for her tenure at the Indiana Department of Education - "Imagining the possibilities. Making them happen." Ritz stated that initiatives, outreach programs, and partnerships help build a system to do just that - make possibilities happen, and "wellness, health, and nutrition have a vital role to this end." The Superintendent talked about several programs and initiatives, including her summer literacy initiative called *Hoosier Family of Readers*. Many USDA Summer Food Service Program sites in Indiana took part in this initiative by featuring "Eat & Read" opportunities. In addition, Ritz offered congratulations to the 72 schools across Indiana that received a USDA *HealthierUS* School Challenge Award.

School and Community Nutrition staff from the Indiana Department of Education presented four different sessions on topics related to school meals.

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## Chef Cyndie Brings Her Creative Style to Indiana



Chef Cyndie educates and entertains participants during a training workshop.

In June, Chef Cyndie Story of Culinary Solution Centers, LLC visited two central Indiana schools to lead train-the-trainer classes for school cooks. The goal of the training was to provide participants with the knowledge and skills needed to provide healthy school meals. Training topics included knife skills, culinary techniques for fresh produce creations, and the use of herbs and spices to enhance the flavor and appeal of foods. Chef Cyndie also discussed recent changes to school meals, such as increasing whole grains and reducing sodium.

A one-day training was held at both Bloomington North High School (in Bloomington) and Center Grove High School (in Greenwood). Chef Cyndie began each day with a very informative two-hour demonstration. The participants were engaged the entire time, and there was rarely a dull moment thanks to Chef Cyndie's useful advice and witty sense of humor. The demonstration covered everything from basic food preparation techniques to tips and tricks to make healthy food more appealing to students. Some of the tips and tricks that the participants found especially useful included: the use of a terry cloth towel or cabinet liner to secure a cutting board; how to

assure that work surfaces are at the appropriate height (measure from floor to elbow and then subtract four inches); and remove the brown tip on a banana to make it more visually appealing to students.

Following the demonstration, the participants headed to the kitchen and divided into teams. Each team was assigned four or five recipes to prepare. Overall, the participants prepared about twenty recipes in approximately two hours. Their hard work paid off when it was time to taste and enjoy all of the recipes they prepared. Although the participants were noticeably impressed by all of the food they sampled, some of the most-favored recipes included vegetarian enchiladas, pineapple jalapeño slaw, crunchy baked sweet potatoes, and sesame green beans.

For more information about Chef Cyndie Story, visit her website at [www.chefcyndie.com](http://www.chefcyndie.com). The Office of School and Community Nutrition is in the process of compiling a recipe book featuring all the recipes, along with more tips and tricks from the training. We will notify schools as soon as the recipe book is posted on our website.



Crunchy Baked Sweet Potatoes



Vegetarian Enchiladas



Sesame Green Beans



## Students and Teachers Agree - Garden Bars are Great at Seymour Community Schools

Last fall, Seymour Community Schools received five salad bars through the assistance of the *Let's Move Salad Bars to Schools* campaign and the Indiana Department of Health. Food Service Director Bonnie Burbrink was ecstatic upon receiving the news, especially since she was expecting to receive one salad bar. The free-standing bars were placed in four of the five elementary schools and the middle school. The bars were introduced to the students and teachers as "garden bars."

While attending a professional meeting, Burbrink learned how another school system incorporated new salad bars into their lunch program, and she decided to implement a similar procedure at Seymour Schools. The

Seymour food service department continued to run the lunch lines as usual, but a rule was established that students must select a reimbursable meal before being allowed to go to the garden bar. Burbrink refers to the vegetables offered on the garden bars as "free choice" items. By following this procedure, there is no need for food service staff to monitor the amount of food students take from the garden bars. Offer versus Serve is implemented at all Seymour Schools.



Garden Bar at Seymour Middle School

Students who select a reimbursable meal at lunch may ask for a small container when they reach the cashier at the end of the lunch line. These students may then go to the garden bar and take as much as they want – as long as the vegetables fit in the container.

The garden bars are also available to students who wish to make their own entrée salads. In order to provide this option for students, pre-portioned cups of cheese, meat, and individual packages of crackers are offered on the lunch line. Sometimes string cheese and pre-portioned cups of chopped hard-cooked egg are offered. If students take these items - along with a serving of a fruit or vegetable for a reimbursable meal, they may then also take a large container from the lunch line to use at the garden bar. Then they simply fill the large bowl with salad items from the garden bar and toss in the cheese and/or meat. At Seymour Schools, the "golden rule" for the garden bar is: Take what you'll eat, and eat what you take!

Not only are students enjoying the new garden bars, but teachers love them as well. It is very helpful when other school staff support new healthy school meal procedures implemented by the food service department. It is important to get principals, teachers, and parents involved in promoting healthy school meals.

Brown Elementary School previously participated in the Fresh Fruit and Vegetable Program, and Burbrink stated that this school was the easiest to transition to the garden bar since the students were already accustomed to eating fresh fruits and vegetables. Mr. Tony Hack, Principal at Brown Elementary School, stated that the first day sweet onions were offered - students were taking them! Mr. Hack is totally on board with having the garden bar, and he thinks it is a great opportunity to expose students to new vegetables.

### **Director's Corner by Julie Sutton**

**Welcome back to another exciting school year. We know that you are facing many challenges meeting all of the new requirements, but rest assured we are here to support and help you. Do not hesitate to contact me or any of the staff here if you have questions or need assistance with any of the Child Nutrition Programs.**

**We have decided not to implement USDA's new Administrative Review process for this school year. Based on the training we had and the unanswered questions that remain, we are not confident that the new review process will continue as implemented beyond this year. Therefore, we did not want to subject you to training for this process only to have it change again.**

**We look forward to seeing you at the Indiana School Nutrition Association's (ISNA) Annual Conference in Indianapolis this year. Thursday, October 24<sup>th</sup>, will be our Department of Education Day where we will share all of the latest program information. So please plan to attend the conference at the Indianapolis Marriott East from October 24 – 26, 2013. See the ISNA website at <http://indianasna.org/> for conference information.**

## Food Distribution Notes

Food Distribution  
Program

Welcome to the start of the 2014 school year. I hope you had a great summer break!

Each year Recipient Agencies are required to recertify their Food Distribution Recipient Agency Summary Page information. Doing so will allow you access to your commodity inventory and the ability to place delivery orders. **However, before you will be able to recertify your 2014 Food Distribution information, you must first be approved to participate in the 2014 National School Lunch Program (NSLP).**

An e-mail message was recently sent to all current Food Service personnel that included step-by-step instructions outlining the recertification process of your Food Distribution Recipient Agency Summary Page. Some returning Food Service personnel may be very comfortable conducting their commodity business and may simply want to refresh their memory about how the recertification process works, while others may be new to their position and need some assistance. If you need a copy of the recertification procedures, please see your Food Service Director, or send me a request and I'll forward it on to you.

My new telephone number is: (317) 232-0548. This number rings directly to my office. As always, feel free to contact me whenever you have questions.

Sincerely,

John Moreland  
Program Specialist, MAE  
Food Distribution Program

## Team Nutrition Notes



### One Word Describes Edgewood Intermediate School's Health Fair: Awesome!

Not only did Edgewood Intermediate School win the *HealthierUS* School Challenge Silver Award last school year, they held an awesome 4<sup>th</sup> annual Health Fair on May 23<sup>rd</sup> and 24<sup>th</sup>. The entire school of more than 650 students and staff participated. Activity booths were held in the gym, and included: Disc Golf; Zumba; Jazzercise; Brain Breaks; and Joyful Hoops. Nutrition/Coordinated School Health Education booths, which were located in the school dining room, included: Nutrition/Food is Fuel; Bicycle Safety; Dairy Farm Education; and Backyard Classrooms/Gardening. Students and their classroom teachers visited each booth during their morning or afternoon visit to the health fair. Classrooms rotated every 10 minutes in order to participate in all the booths.

The activity booths gave the students an opportunity to dance to music, play disc golf, and learn the benefits of taking brain breaks. Other booths gave students the opportunity to learn: the nutritional difference between processed and non-processed foods; how to wear a bike helmet the correct way; why happy, comfy cows produce more milk; and the nutritional value of dark green vegetables.

Vickie Coffey, Nutrition Services and Healthy Schools Director for Richland-Bean Blossom Community School Corporation, organized the health fair. Mrs. Coffey stated that partnerships created between the corporation and members of the community through the school health council "continue to make good things happen in the corporation." In addition, the food service department is planning to start a can-recycling program. The money from recycling cans will be put into the Coordinated School Health Fund.



Students learn about bicycle safety.



Students have fun during Jazzercise class.

## A Silver Celebration for Central Elementary School!

On April 12, 2013, Central Elementary School, of Valparaiso Community Schools, celebrated their accomplishment of winning the *HealthierUS* School Challenge Silver Award. The students, staff, and parents walked to Central Park in downtown Valparaiso to meet Power Panther™. Power Panther's helper, Justin, interacted with the audience by talking about healthy eating. Everyone participated in exercises lead by Power Panther. The exercises helped keep everyone warm on a cold April afternoon. All the students were given a bag of sliced apples, and then they walked back to school.



Central Elementary School students meet Power Panther™.

This is a quarterly publication, developed by the Indiana Department of Education  
Office of School and Community Nutrition.

<http://www.doe.in.gov/nutrition>



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